



HOW USEFUL ARE COMMENTS LIKE THE FOLLOWING
IN EVALUATING PROGRESS TOWARD GENERAL AND PROJECT GOALS?

Excerpts From 1938 Report of a
Home Demonstration Agent in the
Central States

Specific objectives of the "Meals From Home Grown Foods" Project
(2 meetings):

- I. To show why the body needs food.
- II. To give families some knowledge of what common foods contribute to nutrition.
- III. To give the basic rules for combining foods that contribute to nutrition.
- IV. To give some knowledge of the quantity of foodstuffs needed daily to meet the requirements of individual families.
- V. To place a dollar and cents value on home produced food.
- VI. To lead the Homemakers Clubs to want another nutrition project next year:
 - a. To plan a year's budget.
 - b. To create a desire for improvement
 - c. To increase the interest in methods of serving.
- VII. To show how to supplement home grown foods wisely.
- VIII. To teach skill in planning meals to meet the family needs.
- IX. To teach skill in preparation.

The project was carried in 17 communities with two demonstrations in each. A total of 343 different women attended with an average attendance of 20 per meeting.

Just to show that some of the objectives at least were reached, a few instances will be cited: "Whenever a pot luck dinner is ready you can hear such comments as this, 'Well, I brought some celery and carrot strips for something to chew on,' or 'instead of taking the time to make a pie this morning I just brought a can of peaches.' Someone else says, 'Well, we are using much more milk at our house; in place of so much coffee we make postum with hot milk and like it fine.'"

At a home where a demonstration was given there was a loud cracking and snapping noise, because the water for the bathroom was heated by a pipe passing through the coal cook stove, and this pipe was clogged with lime. The mother said she needed a new pipe but just had not the extra ten dollars that it took.

While eating lunch she remarked that her family of six ate better than six pounds of butter a week. Everyone thought that was quite a lot of butter besides all the meat they consumed. The home agent asked if she had thought of cutting down on the butter consumed and using the money for a new water pipe. Butter was then selling at 42 cents a pound. No, she had the butter and the family liked it, and she had not thought of it in dollars and cents. When she realized she was using better than \$2.50 worth of butter per week she began to figure up how long it would take her to get the new hot water pipe.

One lady said she had learned to plan her meals a week ahead. Every Sunday afternoon she made out her menus for the following week, then she never had to wonder what she was going to have at the last minute. She made the menus out on small cards, one for each day. Each morning she tacked up her card over the sink. If the children came home from school and saw that they were to have baked potatoes for supper and their mother was not there, they got the potatoes ready and put them in to bake. She ended by saying, "I know we have better balanced meals when I plan them out ahead of time."

Another mother said that learning to make the prune cake was worth real money to her. It was so easily and quickly made, it made such a nice large cake, and it kept so well that she could use it for the children's school lunches. It did not require any icing, which was better for the children, and was a timesaver too. She said that by midsummer she had given the recipe to 21 persons, most of them mothers who wanted it for school lunches.

The subject of budgeting our canning came up and was discussed. One lady told of canning so many beets, another spoke up and said, "Well, my family would never eat that many beets." The lady who had canned them said, "Mine probably won't either, but I had the beets and the cans so I just canned them." Now canning is too hard and hot a job to do it just to fill up cans.

Projects definitely needed in this county are:

1. Garden planning.
2. Food storage.
3. Vegetable cookery.